



Case mate

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MP TRAINING

Eyes wide shut

Post MPs learn to overcome pepper spray ... the hard way

BY SPC. SALLY CURLIS
CONTRIBUTING WRITER

Blind, burning and unable to breathe properly, eight Soldiers completed a series of fight-through drills Feb. 11 at Fort Monroe.

The 233rd Military Police Detachment participated in training which consists of a two-day block of instruction on oleoresin capsicum (OC) spray — red pepper suspended in oil — and practical fight training while affected by the spray. Staff Sgt. Jimmy Wathen, a certified inter-service, non-lethal weapons instructor, led this level-one training.

"I wanted to certify these Soldiers because it's important to know the effects of pepper spray and what it is capable of. The only way to truly understand how the spray works is to get sprayed," he said.

"Soldiers can now use this training and apply it to a real-life situation, if need be. They know how it feels and know that safety considerations are just as important as the reason for spraying.

"Unlike CS gas used in a NBC chamber, which is an irritant, OC is an inflammatory and causes tempo-

"Getting sprayed puts a whole new perspective on the levels of force that we use. I know that if someone ever sprayed me, I would definitely jump to my sixth or seventh levels of force to subdue that person."

Jeannette Felvey
Investigator

rary incapacitation. Your eyes uncontrollably slam shut, your face burns and you have shortness of breath. This allows MPs to gain control of a non-compliant subject without causing permanent damage. If they ever spray someone, they know that the person needs immediate relief and medical attention," Wathen said.

MPs use seven levels of force to handle different situations. The levels are verbal persuasion, unarmed self-defense, OC spray, MP club, military working dogs, presentation of deadly force and deadly force.

Soldiers begin with the lowest level of force possible to handle a situation, and then escalate as needed. OC spray is the third level of force because it causes non-permanent damage and is only temporary. It is DoD policy to immediately notify

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Photos by Patricia Radcliffe/Illustration by Tim Rafalski
Pepper spray was discharged into Pfc. Tyrone Smith's face Feb. 11 during OC spray training. After which, he proceeded to knee, punch and battle his way through a series of obstacles held by fellow Soldiers.

Tactics changing for coalition forces, terrorists in Afghanistan

BY KATHLEEN T. RHEM
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Feb. 17, 2004 – U.S. and coalition actions in Afghanistan have forced terrorist groups operating there to change their strategies. So coalition forces continue to adapt their tactical approach in response, the top U.S. general in that country said today.

Army Lt. Gen. David Barno, commander of Combined Forces Command Afghanistan, explained that Taliban forces used to attack coalition elements in large numbers, until they realized that would get them killed in large numbers. Today terrorists go after soft targets in smaller numbers, Barno said from Afghanistan in a video teleconference with Pentagon reporters.

He said he sees enemy forces "adapting and changing (their) tactics, based upon the progress

the Afghan people and government have made."

Barno pointed out that "last summer we would encounter hundreds of Taliban in the field and other terrorists in large groups." He called that contact "a non-habit-forming way to encounter coalition forces."

"They were destroyed in large numbers. So they have adapted their tactics, based on that," he said.

Taliban and al Qaeda terrorists operating in Afghanistan have realized they can't effectively

attack coalition military forces, so they have started to focus their attacks on other areas, such as non-governmental aid organizations.

To combat this change in tactics, coalition forces are moving toward "a classic counterinsurgency strategy," Barno said. Over the past three months, commanders have been sending small units, from

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Commentary

Chaplain's corner

Ashes during Lent remind us of Jesus' suffering

I grew up in South Florida where farmers grew sugar cane. At harvest time, sugar cane was burned and harvested before going to the plant for processing. It was common to see ashes falling from the sky as a result of farmers setting their fields ablaze, especially during the beginning of the fall and winter seasons. The burning of sugar cane would last well into late spring. I was told the reason farmers set their fields on fire was so that the workers would find it easier to cut the cane and not be troubled by the tall and thorn-like leaves that sometimes made it difficult. Besides, it helped the workers see better and avoid any accidents that could have resulted in them cutting themselves.

As kids, we loved it when cane season rolled around because we would watch the ashes from the sugar cane ascend high into the sky and then descend slowly to the ground. This was a fun time for us as we jumped and hopped around so ashes would fall on our faces and we could smudge them on our foreheads. We reached up and grabbed falling ashes and yelled out loud, "ashes on the forehead." I learned

much later in life that ashes, from a spiritual standpoint, had great meaning. And ashes on the forehead were more than child's play.

When I entered seminary, one of the greatest pleasures for me was to learn from different faith groups. The seminary I attended catered to many faith groups, with many faith practices. But none of the practices intrigued me more than the smearing of ashes in the shape of a cross on foreheads on Ash Wednesday. I really did not know what to think of this odd observance and had many questions as to its meaning. Why Ash Wednesday? It was not until I got up the nerve and asked a fellow seminarian the significance of Ash Wednesday that I fully understood.

He explained that the ashes come from the palms used in last year's Palm Sunday service. They are burned and changed into ashes and then placed on the forehead in the sign of a cross. This is a reminder to all who see it of Christ's crucifixion, death and suffering for the sins of the world. Ash Wednesday services are "important to most people because Ash Wednesday is the start of Lent, and Lent is a penitential time, a time to examine ourselves spiritual-

ly and to prepare ourselves as best we can for the gift that was given to us, the gift of Jesus Christ."

Lent is a period of about 44 days of spiritual reflection that ends three days before Easter. Primarily, Catholics, Lutherans, Presbyterians, Methodists and Episcopalians observe the season of Lent. It is during this time of reflection that Christians are called upon to search their hearts and confess their sins and anything that separates them from God. Some people make a big effort to get rid of butter, fat and meat from their homes before Ash Wednesday. The point is to spend time in prayer and mediation throughout this period in ways that will remind the person of Christ's death on the cross. Christ suffered for our sins and Christians are called to give up sin and follow Christ our Savior.

The point to remember is that before entering the penitential season of Lent, people are to pray and be forgiven. Real repentance comes when we acknowledge our sins and see them as God does. It is then that repentance does its greatest work; by prompting us to seek God's help and strength in turning away from the things that hurt God and



Chaplain (Maj.) Wilbert Harrison
Post Chaplain

us the most.

Now when I look back and remember the burning sugar cane fields and the ashes that fell from the sky, all I can say is that God must have known that we, his followers, will need daily cleansing and forgiveness. And each ash that falls to the ground is a reminder that God cares and loves us; that there will always be plenty of ashes of love and grace falling daily showing us God's unconditional love for all mankind.

Chief warrant officer learns safety in a flash

KOREA (Army News Service, Feb. 17, 2004) — In the spirit of accident prevention, sometimes we have to step up to the plate and take one for the team. Here's my humbling story, shared with a bit of humor.

There I was, five minutes away from delivering a briefing for a complicated air assault mission in support of Operation Enduring Freedom. I had only one chance to make a good first impression in front of our coalition brethren, so I was determined to put my best foot forward.

I rehearsed the mission briefing twice and spent considerable effort ensuring the briefing area was set up to my exacting specifications. I aligned all the benches, marked and posted all the charts and maps, and placed the manual pointer within arm's reach in case the laser pointer failed. With my notes at hand and the backup butcher posters and imagery, I was confident I could ace this brief even if the Proxima projector failed.

The projector had been warming up for a few minutes when I noticed there was some dust on the lens. Well, I wasn't going to stand for having a few specks casting shadows on my briefing! So, I went to the supply locker that our company S-4 dutifully kept stocked with administration supplies and got a can of compressed air to shoo

away the offending notes.

We'd bought cases of the stuff before we deployed to blow the dirt and dust out of the cooling fans and circuit boards of our mission planning computers. We'd gone through our canned air like wildfire and were out of the "good stuff" we'd purchased back in the "Yoo Ess of Ay." However, our resourceful S-4 had replaced those with some canned air he'd bought in theater. I think it was from Italy, or somewhere else in Europe. Not being multi-lingual, I wasn't able to read the label.

I wasn't going to be bothered by that. I took the little plastic tube that came with the can and stuck it into the spray nozzle. I was thinking pleasant thoughts about how clear my presentation was going to be as I pointed the tube at the projector's lens. Those were my last pleasant thoughts.

I pushed down on the spray nozzle when suddenly there was a low-pitched boom. I was instantly engulfed in a ball of flame that one eyewitness conservatively estimated to be a good 6 feet in diameter. All the hair on my right arm was burned off, and the hair on my face was singed. Stunned, I dropped the can. The valve popped shut and the fire went out as quickly as it appeared.

After performing a quick assessment of my injuries, I left the briefing area for the tent where I slept, seeking a mirror so I could look for any additional damage. As I made my way out of the briefing tent amidst the arriving briefing attendants, the prominent comment was, "What is that smell?"

At my tent, my worst fears were confirmed—my moustache was now much shorter (but in direct compliance with AR 670-1!), my eyelashes were almost gone, and my eyebrow hairs were all curled up. Luckily, I'm what you'd call a "follically challenged" individual, so I didn't have anything on top to worry about.

A quick time check revealed less than five minutes until briefing kick-off. I quickly washed up, used a pair of scissors to trim the burnt ends off my moustache and eyebrows, and then returned to the podium with a couple of minutes to spare.

Now I don't recommend this to anyone, but if you want to be calm when delivering a mission briefing, seek the feeling of euphoria that comes with no longer being a human torch. Usually the mission briefing is the least hazardous element of the mission and the execution phase is fraught with peril. Sadly, I had just proved otherwise!

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Fort Monroe plays vital role in black history

BY DAVID J. JOHNSON

CASEMATE MUSEUM TECHNICIAN

Because February has been designated as Black History Month, this is an appropriate occasion to discuss Fort Monroe's important contribution to the subject. Unfortunately, this chronicle begins on a negative note with the fact that construction of the fort during the early 1820s was largely accomplished by slave labor from the local area. Engineer records reveal that each of these workers earned between thirty and fifty cents a day depending on his job. Of course this payment went directly to the master for the use of his "property," and it is very unlikely that the bondsman received any compensation at all.

There is a persistent though completely undocumented claim that Fort Monroe served as a stop on the "underground railway," a fanciful term for the various escape routes used by runaway slaves. Considering that U. S. Army personnel were expected to uphold all federal statutes, including the Fugitive Slave Law, and that many of the fort's residents were native Southerners firmly opposed to the abolitionist cause, we can discount this claim as merely wishful thinking on somebody's part.

On April 19, 1861, the Commonwealth of Virginia decided to secede from the United States and join the Confederacy. Troops from Northern states were quickly sent to Fort Monroe to prevent its capture by enemy forces. Command of the post was given to Major General Benjamin Butler, a Massachusetts trial lawyer and Democratic politician. Butler held strong opinions against slavery and was able to act on those views almost immediately after his arrival. On May 23 three runaway slaves reached Fort Monroe and were taken inside for questioning by Butler. The next day their master, Colonel Charles Mallory of Hampton, sent an emissary to secure their return under the provisions of the Fugitive Slave Law. Without consulting his superiors in Washington, Butler declared that since Virginia was no longer part of the United States, this law did not apply; the slaves were now "contraband of war" and would not be returned.

Word of this decision somehow reached the local slave population, and soon dozens of runaways made their way to Fort Monroe, which they called "the freedom fort." This situation was repeated in other parts of the South controlled by federal troops, and eventually black men were permitted to enlist in the Union Army and Navy. Three units of the U. S. Colored



Photo courtesy Casemate Museum

Aunt Charlotte at Fort Monroe April 29, 1885.

Troops were organized at or near Fort Monroe: the 1st and 2nd Cavalry Regiments and Battery B, 2nd Light Artillery Regiment.

Toward the end of the war Harriet Tubman, the famous abolitionist, received permission from the War Department to travel to Fort Monroe and work as a matron in a nearby black hospital. During the Reconstruction period, the fort served as regional headquarters of the Freedmen's Bureau in southeastern Virginia and eastern North Carolina. In the summer of 1873 Booker T. Washington worked here in the Hygeia Hotel dining room to pay his tuition at the Hampton Normal and Agricultural Institute, now Hampton University. Washington later founded Tuskegee Institute in Alabama and became the most influential African American of his era, though more militant black leaders severely criticized his policy of accommodation with whites.

During the late 19th and early 20th centuries, almost the only blacks to be seen at Fort Monroe were laborers, oyster vendors and domestics from the local community. However, there were two notable exceptions: Robert B.

Smith, a prominent Republican politician was appointed customs collector at Old Point Comfort, and John B. Jones served as keeper of the Old Point lighthouse for many years. We should also mention Charlotte White, who entered the post almost daily in an oxcart to sell home-baked pies to residents and tourists. Aunt Charlotte the Pie Woman became something of a tourist attraction, as indicated by many surviving photographic images, including one in which she posed next to the famous showman P. T. Barnum.

Fort Monroe had one more role to play in this field prior to the integration of the armed forces in 1950 and the later civil rights movement. In the mid-1930s the federal government established a Civilian Conservation Corps (CCC) camp for young black men on this post. This facility provided much needed employment during the Great Depression. In 1948 the Truman Administration ordered the desegregation of Army units, which eventually led to a new chapter in race relations at Fort Monroe and elsewhere with the Army as an equal opportunity employer.

SAFETY (Continued from page 2)

So, how can you avoid having this happen to you? Most, if not all, of the canned air sold in America is non-flammable and has warning labels to keep you from misusing the product. However, since we'd used up the "good stuff" we'd brought with us, the S-4—who is habitually browbeaten to keep the cupboards from becoming bare—replaced it with whatever was closest at hand. You know, the "You want canned air? I'll get you canned air!" approach.

Unfortunately, the S-4 couldn't read the label either.

That's something to bear in mind if you're buying commercial off-the-shelf, or COTS items in countries that lack the consumer protection guidelines we have in America.

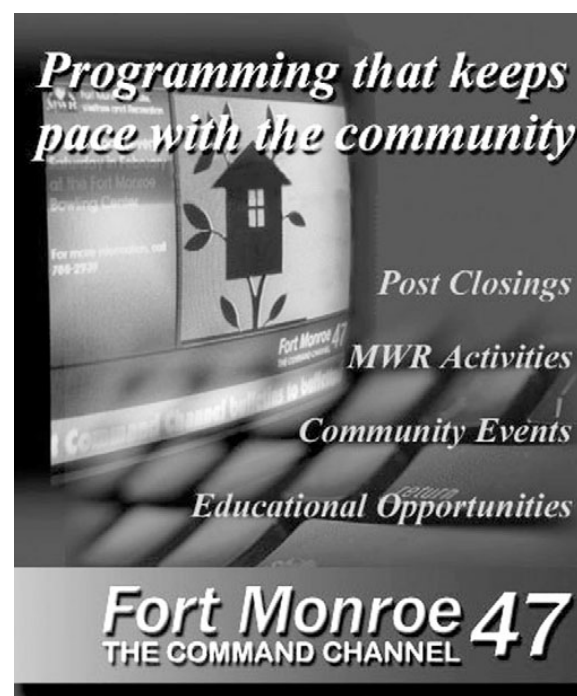
In the end, the fault lay squarely on my shoulders. I took an aerosol can of unknown origin and sprayed it onto a projector containing a very hot light bulb, which provided a source of ignition. Furthermore, despite the fact that the can had a picture of a cat and a dog on it (I still don't know what that's all

about), the back of the label had the word "Peligroso!" printed on it. I'm pretty sure that means danger.

In the end, I got lucky and avoided a serious burn by the hair of my chinny, chin ...uh oh ... those chin hairs are gone now. In the spirit of brotherhood, my comrades later hung a sign over my desk extolling my new nickname: "Flash! Do you mind if I smoke?"

By CWO4 Michael Licholat

(Courtesy Army News Service)



News clips

Family recipes wanted CCC cookbook

Are you looking for “15 Minutes of Fame?”

Submit your favorite family recipe to be included in the newest edition of the Fort Monroe cookbook, and see your name in print. The Casemate Community Connection (CCC) is once again gathering the best and most beloved recipes of the Fort Monroe family. You don’t have to be a member of the club to contribute. CCC’s goal is to have at least 500 recipes to showcase alongside historic pictures and anecdotes from days gone by.

It’s easy — just go to www.typosave.com and follow these simple directions:

❑ Enter your name as “Contributor.”

❑ Enter the login “CCC” and the password “50f1b.”

The deadline to submit recipes is Feb. 29.

Blood drive — March 10

The Fort Monroe Red Cross Chapter Blood Drive is scheduled for Wednesday, March 10, from 9 a.m. to 3 p.m. at the Bay Breeze Community Center. Reservations are available, but not required, and may be made by calling Doris Farrell at 722-5538. For any questions

(See MORE CLIPS, Page 8)

New post command sergeant major on board

Command Sgt. Maj. David E. Williams, a native of Fayetteville, N.C., entered the Army June 9, 1975. He attended OSUT at Fort Polk, La., and upon completion of the OSUT, his MOS was 11B.

He attended Airborne School at Fort Benning, Ga. and, upon completion of Airborne school in October 1975, he was assigned to A Troop, 1/17th CAV, 82nd Airborne Division, Fort Bragg, N.C. While assigned to the 1/17th CAV, he served as a rifleman, automatic rifleman, and machine-gunner. In April 1977, he was assigned to E Co, 505th, 3rd BDE, 82nd ABN DIV. While there, he served as a TOW gunner, squad leader and section leader.

He was reassigned to C Co, 5th BN, 2d INF TRNG BDE, Fort Benning, Ga. in June 1981 to perform the duties of drill sergeant. In October 1984 he was reassigned to E Co, 505th, 3rd BDE, 82nd ABN DIV, as platoon sergeant and interim first sergeant. In April 1986, he was reassigned to D Co, 2/505th, 82nd ABN DIV to serve as platoon sergeant and later as first sergeant. In August 1989, he reported to Garstedt, Germany



Command Sgt. Maj. David Williams

and was assigned to E Co, 1/41 INF. He served as platoon sergeant/platoon leader.

In January 1990, he was assigned as the first sergeant for B Co, 1/41 MECH INF. While assigned there, he deployed to Operation Desert Shield/Desert Storm. He later redeployed to Germany and remained there until the installation closed in June 1992. He was then assigned to B Co, 1/505th, 82nd ABN DIV as first sergeant, until December 1993.

In January 1994, he attended the Sergeants Major Academy.

Upon graduation in July 1994, he was assigned to 1st Region ROTC, where he served as the chief instructor of military science. Upon appointment as Command Sergeant Major, on February 1997, he was assigned to 3rd BN, 505th Parachute Infantry Regiment as the battalion command sergeant major. He also served as the BDE CSM, 1st CBT TRNG BDE, Fort Jackson, S.C.

Awards

Williams’ awards include: Drill Sergeant Identification Badge, Master Parachutist Badge, Ranger TAB, Expert and Combat Infantry Badges, Bronze Star Medal, Meritorious Service Medal (3), Army Commendation Medal (4), Army Achievement Medal (4), Army Good Conduct Medal (8), NCO Professional Development Ribbon, National Defense Service Medal, Kuwait Liberation Medal, Valorous Unit Award, Armed Forces Expeditionary Medal, Saudi Arabia Kuwait Liberation Medal (SA), Saudi Arabia Kuwait Liberation Medal (KU), and the South West Asia Service Medal with Bronze Star (2).

6X7 KIA

CCC scholarships: opportunity knocks close to home

BY HEATHER MCCANN
SPECIAL TO THE CASEMATE

Enter the word “scholarships” into an Internet search engine, and you’ll see page after page of opportunities unfold, from the serious and straightforward to the truly bizarre. There are scholarships for the left-handed and scholarships for the overweight. You can bake, weave, or even sing your way to additional money for college.

Locally, the Casemate Community Connection (CCC) is offering scholarships that will be merit-based, not based on financial need. Mary Fastabend, CCC scholarship committee chairperson said money will be awarded both to high school seniors and spouses continuing their education.

The authorized scholarship area includes all zip codes for Fort Monroe, Hampton, Newport News, Poquoson, and York County. While eligibility differs slightly for spouses and high school seniors, all applicants must be Department of Defense (DoD) identification card holders.

The easiest way to see if you’re eligible is to pick up an application from one of several sites. “On post,” said Fastabend, “they’re available at the CAC (Community Activities Center), ACS (Army Community Service), the Fitness Center and the Thrift Shop.”

The scholarship committee also has mailed application packets to each school guidance counselor in the authorized scholarship area. The process, said Fastabend, is pretty clear-cut.

“But this year, in addition to their application, candidates will need official, raised-seal school transcripts, official copies of any college entrance exam results and two letters of recommendation. Applicants also must include a typed, 500-word essay.”

The goal of the essay, said Fastabend, is to allow the candidate to address the personal importance of their career goals and educational objectives.

New to the process this year is an on-site written essay, scheduled for April 3, 9 a.m. – 11 a.m. at the Fitness Center. Fastabend said you can bring a pen and a dictionary if you like, but, no laptops.

“We want to see how creative the candidates can be under pressure ... how resourceful they are,” said Fastabend, a teacher with nearly two decades of experience. “It won’t take all day. You certainly can stay as long as you need between 9 and 11 a.m., but we promise it really won’t take you that long.”

CCC President Ruth Hendricks said this is the first year since 1999 the organization has been in a financial position to award its own scholarships. In the past, the group joined forces with the Thrift Shop, which still maintains its own program. This year, she said, CCC scholarships will funnel nearly \$10,000 back into the Fort Monroe community.

Hendricks knows how important those extra dollars can be. Last year, she encouraged neighbor Victoria Bloxom to apply. Ultimately, Bloxom ended up \$1,000 closer to her degree as a Registered Nurse.

“The \$1,000 kept us from having to take out a personal loan or a student loan of some kind. It made all the difference in the world!”

“I’ve been an LPN for 17 years,” said Bloxom. “When we moved here from Fort Jackson, I took a pretty serious pay cut. It was getting frustrating for me. Here I was with all this practical experience, all those years of hard work, training RNs to do the same job for twice what I was making!”

So, Bloxom decided to order a home-study course. The books alone set the family back \$5,000. For Bloxom and her husband, Kevin, that expense can’t be taken lightly. Together, they’re raising a blended family of four children.

“But because of this scholarship, it’s already paid for,” said Bloxom. “The \$1,000 kept us from

On-post sites for applications

CCC scholarship applications are available at the:

- ❑ **Community Activities Center** (CAC), Building 221;
- ❑ **Army Community Service** at the Soldier and Family Support Center, Building 151 Bernard Road;
- ❑ **Fitness Center;** and
- ❑ **Thrift Shop.**

All completed applications must be post-marked by March 29.

having to take out a personal loan or a student loan of some kind. It made all the difference in the world!”

Once she earns an RN license, Bloxom plans to specialize either in labor and delivery or general surgery.

Bloxom was joined at the winners’ podium last year by Hampton Christian High School Valedictorian Natalie Knapp. Knapp, 17, said the biggest gift the scholarship gave her was the gift of freedom.

“I didn’t have to take out any student loans for this semester or last semester,” she said during a recent telephone interview. “The scholarship allowed me to keep the money from my job life-guarding and teaching swim lessons at the YMCA. That way, when I graduate, I won’t have a huge debt hanging over my head.”

Knapp, daughter of Maj. Charles and Gloria, Fort Monroe, is the eldest of five children. Home-schooled until the 9th grade, she’s now a freshman at Moody Bible Institute in Chicago.

“I really like the ‘inner city’ aspect of being here,” she said. “I’m thinking about getting my masters in counseling or psychology. If I don’t do

(See SCHOLARSHIPS, Page 8)

2 X 5 Training

2 X 3 Tidwater Acct.

2 X 3

2 X 6 Circus



Photo by Sgt. Charles Boyce

Bowling for youth ... (l-r) Spc. Antonio Barbosa, Pfc. Michael Patrick and Spc. Miguel Bures pose at a bowling center in Hampton Feb. 7. They and others soldiers from the 233rd MP Detachment paid \$175 entry fee for a fundraiser for the Big Brothers Big Sisters program. Sgts. Charles Boyce and Darrell Wade were part of the 5-person team that bowled for the youth. Total raised for the program that day was \$1,900.

3X10 USAA

MP Roll Call

The MP Roll Call is designed to provide a link between the Provost Marshal's office and the Fort Monroe community regarding law enforcement operations, services and crime statistics, and how operations and services combine with other Fort Monroe initiatives to keep the community safe daily. Call 788-2220 with any comments or concerns that need to be addressed. Detailed information concerning the fort's security posture will not be published.

Lost and Found Property

- ❑ Black, 12-speed bicycle, "Stalker" Huffy, found July 20, 2003 near the moat.
- ❑ Coolers, two green and one blue.
- ❑ Daisy Model 1894, 40-shot, lever-action repeater BB gun in original box.
- ❑ Blue plastic card keeper (bi-fold) containing ID card, social

security card, birth registration and other articles.

❑ Blue denim shirt with fall-type pattern embroidered on breast found after 4th of July activities.

❑ White bi-fold wallet containing Bank of America ATM card and other articles.

❑ Tan change purse containing Langley Federal Credit Union Master Card and other articles.

For more information, call 788-2350.

Stats for January

- Traffic accidents: 5
- Larceny of private property: 1
- Larceny of government property: 1
- Damage to private property: 2
- Unsecured buildings: 4
- Suspended licenses: 2
- Domestic disturbances: 1
- Child abuse: 1
- Issuance of bad checks and theft of public money: 1

MORE CLIPS (Continued from page 4)

about donor eligibility, call (800) 682-9079.

Milestones reached

The following donors reached milestones from the Red Cross blood drive held here Jan. 14:

First time donor — Annette Yearby; **One Gallon** — Janice Zacharias, Tull Jenkins, Julia Dancy and Jeff Upchurch; **Five Gallons** — David Dodd; **Seven Gallons** — Charles Bellenger; **10 Gallons** — Donald Hoffman; and **16 Gallons** — Richard Herndon.

Committee forming

Soldiers, family members and civilian employees who are interested participating in or assisting with

the coordination and planning of this year's Fort Monroe observance of "Days of Remembrance" for Victims of the Holocaust should contact Sgt. 1st Class Selvin Walker at 788-3363 or email: walkers@monroe.army.mil. Theme for this observance is: "For Justice and Humanity."

The first committee meeting is Feb. 27 at Building 82, Room 243. "Days of Remembrance" incorporates Ha'Shoah (Mid April - Mid May) Dates of recognition are from 18 - 25 April 18-25.

(Correction: In the Casemate Feb. 6 issue, the captions on page 10 should have read "air" assault students and NCOs instead of "airborne" assault students and NCOs.)

SCHOLARSHIPS (Continued from page 5)

that, I'll probably go with an organization in New York City, Los Angeles or here in Chicago ... somewhere I can work with at-risk kids ... establishing places where it's safe, so they can begin to understand why they do the things they do and how their families figure into the picture."

Both Knapp and Bloxom say the effort they put forth applying for the scholarship brought unexpected benefits.

"Finishing the application was itself, rewarding," said Knapp. "When you put your mind to something, you realize just how much you can do. It gives you a much greater sense of accomplishment."

Bloxom, at first hesitant to apply, says the process gave her more self-confidence. "I found that it was kind of neat to see the letters of recommendation. I got some positive feedback from past employers - and that felt great."

If you're a procrastinator, take

heart. The deadline this year is a bit later than last. All fully completed applications must be postmarked by March 29, with winners announced at an awards dinner sometime in May.

"Make sure your letters of recommendation are requested early so they'll arrive at about the same time as your application," stressed Fastabend. "And, be sure you put forth your best effort. If the committee evaluates two applications that technically are about the same, but one clearly looks more professional, it will catch our attention. Spelling really does count!"

(Editor's note: For tips on how to get a scholarship, try www.collegebound.net and link to StudentRewards.com. If you have questions regarding the CCC scholarship, call 788-3619. Information regarding the Thrift Shop Scholarship is available from Debbie Myers at 766-8513.)



Photo by Patricia Radcliffe

Pottery sale ... *Beth Shwedo discusses scholarship fundraising items for sale by the CCC Ways and Means gift shop with Lt. Col. Paul Fletcher, Marine Corps, during the Feb. 12 pottery sale at the Fitness Center. Along with Westerwald pottery, TRADOC sun-catchers, Cat's Meow light houses, "military" button jewelry, afghans and other momentos were available. The next pottery sale at the Fitness Center will be March 24 from 11 a.m. to 6:30 p.m. Items can be ordered any time by calling Sonya Zoller at 722-3257.*

February Employee of Month

Name: Barbara C. Berryman
Directorate: Post EEO

Job/position and duties: EEO assistant/ Lead EEO counselor. Duties include counseling employees and applicants who believe they have been discriminated against; as well as receiving and processing informal complaints of discrimination to effect resolution at the lowest level. I also issue letters and memoranda regarding the informal complaint process and prepare counselor reports with regard to actions taken and resolutions. I am currently working with the EEO Special Emphasis Program by planning, organizing and executing cultural and ethnic observances.

How long at current assignment: 4 months
How long in govt./military service: 6 years, 8 months

Where do you live: Suffolk

Family: Husband - Reginald (stationed at Langley AFB); daughter - Rachel, age 12; and son - Davis, age 8.

Outside activities: Attending church, spending time with my family, reading, shopping.

Goals: To become an EEO Specialist/Manager and continue my career here at Fort Monroe while continuing my education by earning my masters degree.



Barbara C. Berryman
EEO assistant/
Lead EEO counselor

TACTICS (Continued from page 1)

battalions down to platoons, into areas for long-term stays.

These units "operate continuously out of those areas; maintain and develop relations with the tribal elders, with the mulahs, with the local government officials; (and) work hand in hand with the (coalition provincial reconstruction teams) that are now going into those areas," Barno said. "And the units then ultimately get great depth of knowledge, understanding and much better intelligence access to the local people in those areas by 'owning,' as it were, those chunks of territory."

The general called this "a fairly significant change" in the

tactical approach and said it has resulted in more weapons caches turned in by local civilians.

Better cooperation with Pakistani forces is also leading to increased security in Afghanistan. In what Barno described as "a hammer-and-anvil approach," Pakistani military and paramilitary troops drive terrorist forces out of Pakistani frontier lands and over the Afghan border - where coalition and Afghan national military forces are waiting for them.

"(We're using) our forces in concert with the Afghan forces on this side of the border to be able to ... crush the al Qaeda

elements between the Pakistani and the coalition forces," he said.

Pakistani forces are also taking major steps to rein in lawlessness in tribal areas along Pakistan's border with Afghanistan. During the past six to eight weeks, Pakistani government forces have been using "innovative" means to enlist the help of tribal leaders to "uncover and disrupt terrorist organizations that may be living and operating in their midst," Barno said.

He said that ultimate responsibility for driving the terrorists out of Pakistan's border regions lies with the Pakistani government.

4X10 GEICO



Sgt. Maj. Shelton Williams, TRADOC Chaplain Sergeant Major (left photo); Sgt. 1st Class Ronald Martinez, DCSPIL (center photo) and Col. son officer (right photo) assist unidentified patients in the VA spinal cord unit during bingo game.

Soldiers connect with veterans

BY HEATHER MCCANN
SPECIAL TO THE CASEMATE

First-time visitors to the Hampton VA Medical Center's Spinal Cord Injury Unit rarely know what to expect. So, they brace themselves for the worst: that unmistakable hospital smell, dark corridors, and desperate faces.

Earl Thornton, a patient in the unit since 1998, said they've been watching too much scary television.

"You can find joy and be content in all situations," laughed Thornton, 45. "I'm just passing through. This isn't the end; this is just a pit-stop. And every morning I wake up, I count it all joy."

Thornton is among a sunny roomful of patients keeping his eyes on the prize during TRADOC Headquarters' recent visit for an afternoon of bingo. In a light-filled commons facing Strawberry Banks, military and civilian volunteers keep track of patients' bingo cards. Some fill trays and knapsacks with food and drink, and others help divvy up the spoils — \$40 worth of quarters.

"I think I have a dollar more than when I came in here today," said Thornton. "And that's a blessing right there. I do enjoy the people who come here. It's not just about the food and snacks, it's about being helpful. This is a family deal. We're all in this together."

Laurie Terry, a registered nurse at the unit, said patients like Earl Thornton inspire her profoundly.

"The family dynamic here is evident," she said. "Each day is a new day, with new expectations. The staff here sometimes is the only moral support these men have. Our mission is to give them the best quality of life possible; to help them grow and blossom and move through the stages of life with dignity and respect. Yes, we're the advocates, but it is immeasurable what they give us."

Charles "Chip" Shefelton, the unit's therapeutic recreational specialist, agreed.

"People ask me what else I would do if I didn't do this," said Shefelton, who has worked in the VA system for 17 years. "I can't even imagine! We have 54 men on this ward. We're the only long-term spinal cord care unit in

TRADOC HQs personnel visit Hampton VA spinal cord unit for afternoon of games, fun

the whole VA system, nationwide. If you volunteer here, chances are, you'll meet someone from your home state.

"Everyone here has a worthwhile story. I look at them and I think, 'What if this was my brother? What if this was my father? How would I want them treated?'"

Shefelton said the unit houses men from all service branches, including the Coast Guard. Some may have suffered service-related injuries, but none currently living here were wounded in battle. Any service member honorably or medically discharged, or receiving a general discharge under honorable circumstances, is eligible for care. The unit also is equipped to care for women,

though none currently live here.

While some patients medically are unable to leave the unit, others are mobile enough to travel. Shefelton said field trips present a logistical challenge, but, with specially-equipped vans and additional help from the staff, the group manages to get out about 10 times a month.

"It might be something as simple as a visit to Hampton Coliseum Mall for lunch in the food court," he said. "But, it means the world to these veterans."

Added Terry: "Our objective is to meet them at their optimal level of functioning. The quality of life is set by them. We look at our patients holistically ... they are whole human

beings ... and, the whole truly is greater than the sum of its parts."

The spinal cord injury unit veterans hold a special place in Col. Joseph Rodriguez's heart. Rodriguez, 51, recently stepped down from his post as TRADOC Inspector General and will retire in March after 30 years of service. He has volunteered for bingo five of the six years he's been at Fort Monroe, and especially likes to "call" the game. Rodriguez relies on his patented sense of humor to break the ice.

"I like to joke, to get them laughing," he said. "There's one veteran who's been there every time I have. He sort of wheeled into the room a little late, and I counseled him; 'Stop! You're speeding! The speed limit is 15, you were going at least 25.'

"They're not used to having someone talk to them 'soldier-to-soldier,' and it sort of takes them aback at first. But, they respond to that. You can tell they really appreciate seeing us."

Rodriguez acknowledges some people may feel uncomfortable at first.

"Each time it's a little bit different," he said. "Some people are shocked. They don't expect to see the quadriplegics, the seriousness of the back injuries. You can see them working real hard to cover up those emotions at first. Then, after they warm up, they see how rewarding the experience really is."

"Some of these men get no visitors. Either they have no family, or their families live far away. You know, we have so much. I think sometimes we don't fully realize how blessed we are. We have a responsibility to share those blessings."

For the past six years, Rodriguez has sponsored Israeli foreign officers at HQ TRADOC. He said it's important to him that the officer and his family understand the whole Army culture, "not just what we do in uniform." So, Rodriguez invited Col. Shalom "Shuly" Levy, 42, to join ranks for the afternoon. Levy, who has served his country for 24 years, said he's never seen anything quite like VA Bingo.

"For me, this was a great opportunity," said Levy. "I was surprised by the soldiers at Fort Monroe who take



Photos by Heather McCann

Jack Chaffee, DCSPIL (left) and Earl Thornton eagerly anticipate the calling of the winning bingo numbers.



Photos by Heather McCann

Shalom Levy, Israeli foreign liai-

"They're not used to having someone to talk to them 'Soldier-to-Soldier,' and it sort of takes them aback at first. But, they respond to that. You can tell they really appreciate seeing us."

Col. Joseph Rodriguez

Former TRADOC Inspector General,
on visiting the VA hospital

on this kind of activity.

"Yes, the room is bright and it is evident the care is good. But, more important is the idea. For me, in the Israeli Army, it was not the first time I have had to face serious injury. I've seen even some of my own soldiers seriously wounded. But, when I saw how they treat them here ... the touch between the active duty soldiers and the patients, I was very impressed."

Levy said hospital care for Israeli veterans is more family-based. When he returns home in August, he hopes to enhance that strong nucleus of care by suggesting that army posts adopt nearby hospitals.

Civilian personnel and spouses play an important role in the VA Bingo effort. The Casemate Community Connection (CCC) donates the cash pot and manages the event through a coordinator and designated unit sponsors, typically soldiers' spouses.

Col. John Durkin, the TRADOC engineer and acting DCSPIL, found 14 uniformed and civilian recruits willing to help. Others who couldn't attend stepped forward with donations of fruit, cheese crackers, sandwiches, sweets and juice boxes.

"It's always uplifting," said Durkin, studying photographs of the event. "Look at all the smiles from the patients. But, look also at the smiles of their partners."

"The staff loved it. Probably next year, we'll have so many volunteers, we'll have to beat them off with a stick!"

Units from Fort Monroe share VA Bingo duties monthly, from October through June. Shefelton said patients also get visits from the Hampton JROTC program and Langley recruits.

MP (Continued from Page 1)

medical personnel after spraying any subject (to flush eyes and skin, remove contact lenses, etc.). During training, and in real world situations, an ambulance and medical personnel stand by at the scene.

The training starts in the classroom. Soldiers learn about the history, incapacitating effects, safety precautions and different types and potencies of OC spray. For example, capscicum — the inflammatory part of OC — has been used since 2,000 B.C. Romans would wrap the seeds of cayenne peppers in rice paper and throw them at their adversaries.

Soldiers also learn that the highest percentage of capscinoid content that can be carried by DoD personnel is 22 percent. There are higher levels, of course, but they are not to be used on anyone because they can cause severe burns to the skin. The 233rd was sprayed with 10 percent OC with a 20-percent capscinoid content.

At the end of the first day, there is a practical exercise where a dry run of fight-through drills is conducted. During fight-through drills, students must use different levels of force to overcome human obstacles just as they will on the "fun" day — day two.

On day two, five stations with Soldiers holding six-inch thick pads are set up in the field adjacent to Stillwell Gate. Wathen and the Soldier to be sprayed stand in the middle of the field with the Soldier's back to Wathen. At the sound of a whistle, the Soldier turns around, and is sprayed in the face by Wathen with a one to two-second stream of pepper spray. Then the Soldier runs to the first station: knee strikes. While screaming "Get back, get back!" the Soldier must perform knee strikes on a pad held by another Soldier for 15 seconds.

When another whistle is blown, the sprayed Soldier runs to station two: high blocks. The sprayed Soldier is pummeled about the head and shoulder area by Soldiers on both sides, while blocking these "punches" with raised arms.

The whistle is blown three more times, taking the sprayed Soldier through a series of strikes, MP club and weapon-retention techniques. After completion, the sprayed Soldier is led to the decontamination tent (where his/her face is washed with soap and water) and drinking water is given.

Each brings its own special touch.

"The guys love ball caps, and service-related patches and stickers like 'Airborne,' and 'Infantry' decals," he said. "They put them on the back of their wheelchairs. Some people bring phone cards, and postage stamps always are a big hit."

Washington, D.C. native John Dixon, 49, is the unit's unofficial "Welcome Wagon." He searches the hallways daily in search of people to



Photo by Patricia Radcliffe

"I want to finish," Sgt. Jonette Sillas said while being restrained by firefighter Rick Farrell after collapsing due to breathing problems.

"The Soldiers come to me and douse their heads in a large bucket of water to get most of the spray off of their faces. But it's more of a psychological thing than a physical thing. You have to keep telling

yourself that you will be OK, make yourself breathe and make yourself open your eyes," said Sgt. Gregory Hoyt, who is in charge of the decontamination process.

"This was good training (simulating) a realistic environment. It gives us more knowledge on the subject," Pfc. Tyrone Smith said.

Spc. Matthew London said that the training has enabled him to better understand pepper spray and how to handle a situation if he ever needs to use it.

"Getting sprayed puts a whole new perspective on the levels of force that we use," investigator Jeannette Felvey said. "I know that if someone ever sprayed me, I would definitely jump to my sixth and seventh levels of force to subdue that person."

After completing level-one training, Soldiers receive DoD certification, which means that they will not have to be sprayed again. Although, they will have to attend level-two training, which is less aggressive — OC is wiped on the face, not sprayed, as a reminder.

Soldiers agree that their certificates will be treated like gold, multiple copies will be made and the original will be framed and hung on their walls. It's good training, but no one wants to go through it a second time.



Photo by Patricia Radcliffe

Getting on her feet, Sillas "subdued" armor-clad Pvt. Travis Moore, moved on to the last three fight-through stations and successfully completed training.

enlighten.

"I served 21 years in the Army Signal Corps," he said. "I retired an E-7 in May, 1993. This is home now, yes. And you all really brighten our day. You don't have to bring anything with you. We just appreciate your time. Giving of yourselves means everything to us."

Laurie Terry said the most important thing to bring is an open mind.

"These were the people fighting to

protect our freedom," she said. "Our patients rise above their limitations. They have so much wisdom. They may be limited in mobility but they're free in spirit. That is infinite. That is boundless. It's not enough just to 'be there' for them. How can you repay that?"

EDITOR'S NOTE: The Hampton VA Medical Center welcomes individual and group volunteers. For more information, contact Linda Wiggs at (757) 728-3124.

Sports and health



Contributed photo

Sandie "Ladè Majic" Prophete, center, and the Harlem Ambassadors will bring their comedy-driven style of show basketball to the Community Activities Center on March 20.

Ambassadors to visit post

Over the past four years, no sporting team has entertained more active American military troops than the Harlem Ambassadors. For a couple of well-deserved hours, Soldiers at bases in Bosnia, Kosovo, Korea and all parts of the United States have put aside their mission at hand to enjoy some good American fun.

Fort Monroe will join that list when the Ambassadors, featuring player/coach Sandie "Ladè Majic" Prophete, visit March 20 for game against a post all-star team.

As the Soldiers enter the arena for some fun, it is a sea of camouflage and black boots.

The game announcer yells, "Is Bravo in the house?"

The members of Bravo stomp their feet and shout some guttural chant.

"Is Charlie in the house?"

More thunder. The companies are announced one by one to the Soldiers' delight.

"This is not your grandfather's basketball show" said Prophete. Show ball, a stylized



Upcoming ...

Check out the March 5 edition of the Casemate for more information on the Harlem Ambassador's visit to Fort Monroe on March 20, including a profile on player/coach Sandie "Ladè Majic" Prophete.

version of street ball, is an African-American tradition and cultural statement that has been handed down through the generations. The Ambassadors deliver a fresher, hipper game than the traditional show.

Families live on some bases, and when that is the case, the show involves these military kids. They may be dealing with the thought of a parent leaving for combat or may have already seen one leave. For the kids, it's a few hours of fun.

Dancing during halftime at center court with the Ambassadors

sador players is a huge thrill for the kids. After the show, the Ambassadors stay until the very last child who wants an autograph, high five or quick lesson on ball handling is satisfied.

Prophete and the team have performed at the DMZ between North and South Korea, deployed in areas of war-torn Bosnia and Kosovo, and for troops as far away as Iceland. Last season included a trip to the Naval Station at Guantanamo Bay, Cuba, where the Ambassadors entertained the troops guarding al Qaida prisoners at Camp X-Ray.

It's been a long time since these soldiers have stepped on American soil. Always, the American troops are left with a warm feeling of "home" after witnessing the Ambassador show.

"It really makes you appreciate the comfort and freedoms that we have at home," Prophete said. "We're really proud that we can give them a couple of hours of American fun for all that they're doing for us."

SPORTS CALENDAR

Running events

■ The 32nd annual Shamrock Sportsfest Marathon and 8K Run will be held March 20 in Virginia Beach. There are five different events you can compete in: marathon, marathon walk, marathon relay, 8K run/walk and children's marathon.

The following registration fees are for before and after March 1: marathon (\$60/\$70), marathon walk (\$60/\$70), marathon relay (\$120/\$130), 8K run/walk (\$35/\$40) and children's marathon (\$15/\$20).

There will also be a pasta dinner (\$20) and post-race party (\$10).

You can signup on-line at www.shamrockmarathon.com.

■ The Joe Moore Memorial Scholarship 5K Race will be held at Sandy Bottom Nature Park in Hampton on Feb. 28. The race will start at 9 a.m., with registration running from 8 to 8:45.

The cost is \$12 pre-registered (postmarked by Feb. 21) and \$15 on race day. The fee for full-time students ages 18 and under is \$10.

Awards will be given to the top three racers in numerous age groups for male and female runners.

For more information, contact Dave Venable at 838-7127 or visit www.peninsulatrackclub.com.

■ The Junior League of Hampton

Roads will hold its third annual Run For The Community 5K run and 1-mile fun run/walk March 6 at Oyster Point.

The PTC Grand Prix event will include prizes and raffles, and awards for all categories.

The cost for the 5K run is \$15 through Feb. 28, and \$18 after that date. The 1-mile fun run is free.

For more information, contact the Junior League at 873-0281 or Deanna Cooper at 591-0356, or visit www.active.com.

■ The Young Life Virginia Beach East will hold its annual 5K Run For Young Life at First Landing State Park in Virginia Beach on March 27.

The race begins at 8:30 a.m., with a 7:15 registration. The cost is \$12 for early registrants postmarked by March 8, and \$15 on race day. All runners will receive a free long-sleeve shirt.

Awards will be given to the overall winner and the first-place runner in each male and female age group.

For more information, contact race directors Keith and Ann Matteson at 496-2494 or kaccs@cavtel.net.

On the links

■ The JTF-CS third annual golf

invitational tournament is scheduled for April 30 at Ocean View Golf Course in Norfolk. The tourney is a four-person, captain's-choice format, with a 7 a.m. check in and 8:30 shotgun start.

There will be contests for the longest drive and closest to the pin, mulligans for sale and prizes for the top three teams.

The cost is \$45 per person, and the field will be limited to the first 144 paid players.

For more information or to register contact John Bertotti at 788-4731, Dwight Brown at 788-6141 or Jackie Redmon at 788-6227.

■ The Eaglewood Women's Golf Association welcoming coffee will be held Feb. 25 at 9:30 a.m. at the Eaglewood Golf Course. For more information, contact Sally Blackburn at 903-3266 or Joan Sova at 851-2589.

NCAA ticket discounts

Old Dominion University and the NCAA are extending a special offer to area troop members of the Colonial Coast Girl Scouts Council for the NCAA Division I women's basketball Mideast Regional tournament to be held March 28 and 30 at Ted Con-

stant Convocation Center.

Area scouts have the opportunity to earn an exclusive NCAA patch by purchasing tickets at a special price to either the March 28 or 30 sessions, and attending the teams' open practices March 27. Troops that purchase the most tickets will also receive the opportunity to welcome one of the four participating teams at their hotel.

Interested troop leaders should contact the Council registrar office at 547-4405, ext. 224, or for more information, contact Council community program marketing director Theresa Perry at ext. 241.

NASCAR program

The Department of Energy's Jefferson Lab will present "The Physics of Stock Car Racing from a NASCAR Champion's Perspective" on March 9 as part of its spring 2004 Science Series.

Lawrence Livermore National Lab physicist and stock car driver Scott Winters will discuss the physics of stock car racing from a driver's perspective. Topics will include technical aspects such as tires, mechanical suspension, aerodynamics and engines with an emphasis on NASCAR-style cars.

The presentation is free and will be at 7 p.m. in Jefferson Lab's CEBAF Center auditorium. For more information, visit <http://education.jlab.org/sciencseries/currentseries.html>.

Got something to add to the calendar?

Give the Casemate a call at 788-3208, or e-mail casemate@monroe.army.mil.

GRIDIRON KINGS



Photo by Tim Rafalski

Members of the Fort Monroe “Showtime” flag football team took first place at the Peninsula Military Championship tournament held on post Jan. 24. In the front row are, from left, team coach Thomas Scott, David Jackson and Kareem Terrell. In the back row are, from left, Eric Hill, Matt Bauman, James Dix and Chuck Griffin. Missing from the photo are Shawn Murray, William Fernandez, Paul Davis, Joel Gentry, David Earl, Omar Bermudez and Charles Edmond.

3 X 14 Freedom Stores

Anglers earn over 7200 citations

Anglers registered 7,201 trophy-sized fish for citation awards during the 46th annual Virginia Saltwater Fishing Tournament, which ran through all of last year. It was the second highest total in tournament history.

The impressive numbers came despite abnormal weather patterns during the course of the year. Most notably, numbers were on record pace until Hurricane Isabel hit the Virginia coast and Chesapeake Bay.

The Virginia Saltwater Fishing Tournament is operated by the Virginia Marine Resources Commission

with funding provided by the Virginia Saltwater Recreational Fishing License. Awards are made to anglers catching fish meeting established weight criteria in 23 species. In addition, awards for the catch and release of fish are available in 18 species.

Citation awards are full-color certificates delivered at the recipient's choice as a plaque or or in a plastic album page.

For more information, contact Claude Bain, Virginia Saltwater Fishing Tournament, 968 S. Oriole Drive, Virginia Beach, VA 23451, or call 491-5160.

INTRAMURAL HOOPS

Upcoming Schedule

Friday, Feb. 20

Fort Monroe 1 vs. ACC/GC, 5:30 p.m.
Fort Monroe 2 vs. DS, 8:30 p.m.

Tuesday, Feb. 24

Fort Monroe 2 vs. EMS, 6:30 p.m.

Wednesday, Feb. 25

Fort Monroe 1 vs. SFS 1, 6:30 p.m.

Friday, Feb. 27

Fort Monroe 1 vs. DGS 1, 6:30 p.m.
Fort Monroe 2 vs. ACC/CG, 8:30 p.m.

Tuesday, March 2

Fort Monroe 2 vs. SFS 1, 7:30 p.m.

Wednesday, March 3

Fort Monroe 1 vs. LRS 2, 8:30 p.m.

Thursday, March 4

Fort Monroe 2 vs. DGS 1, 8:30 p.m.

Friday, March 5

Fort Monroe 1 vs. ACC/RSS, 6:30 p.m.

Monday, March 8

Fort Monroe 1 vs. CS 2, 8:30 p.m.

Wednesday, March 10

Fort Monroe 1 vs. DGS 2, 7:30 p.m.

Thursday, March 11

Fort Monroe 2 vs. LRS 1, 7:30 p.m.

Tuesday, March 16

Fort Monroe 1 vs. DS, 8:30 p.m.

Wednesday, March 17

Fort Monroe 2 vs. CES 2, 6:30 p.m.

Moat notes

CCC fashion show

Casemate Community Connection and the Fort Monroe Thrift Shop will present the "Basic Black Dress" fashion show March 11 at the Bay Breeze Community Center. Social hour begins at 10:30 a.m. and lunch will be served at 11:30.

The buffet lunch menu includes fresh garden salad, vegetable lasagna, fried flounder, potatoes, steamed vegetables, assorted desserts, rolls, coffee and iced tea for \$10.

For reservations, contact Barb Patterson at 223-7499 by March 7.

Endview events

■ Endview Plantation in Newport News will host "A Day in the Life of a Runaway" from 10 a.m. to noon Feb. 28. Children ages 8 to 12 can hear the story of a courageous slave girl, participate in a special tour of Endview that focuses on lives of slaves, create a craft and have a light snack.

The cost is \$10, and reservations are required.

■ On March 13 and 14, Endview will host "Soldiers and Spies," a living history program highlighting the ladies who were so impassioned by the Civil War that they became soldiers and spies for their cause.

Admission to the program is included in the regular admission, which is \$5 for adults, \$4 for seniors and \$3 for children ages 7 to 18.

For more information on either event, call 887-1862 or visit www.endview.org.

Models wanted

Youth Services is recruiting models for Families in Fashion, which is scheduled for April 4 at 4 p.m. at the Bay Breeze Community Center. Models can be any age from toddler to grade 12, and must be registered with Child and Youth Services.

Models will be fitted for clothing at various stores within the community from March 22 to 26.

Anyone interested should contact Renee Hockaday at 788-3957 by Feb. 25.

Frame and Craft Shop events

■ The next stained glass class is March 16 from 6 to 8 p.m. The cost is \$40 for beginners and \$50 for intermediates, and supplies are extra.

Beginners will complete two projects, learning many stained glass techniques. Intermediates are asked to bring a project pattern they feel is beyond their capabilities.

■ Famous Amos chocolate chip cookie day is March 5, and to celebrate, the Frame and Craft Shop will be offering a 10-percent discount on all custom frame orders that day while also having chocolate chip cookies for everybody who stops by.

■ Easter ceramic molds are in stock, and open workshops are held every Tuesday from 4 to 7:30 p.m. The class is free, and you pay for supplies as you go.

For more information on any Frame and Craft Shop event, call 788-2728.

HERE COMES THE ...



Photo by Patricia Radcliffe

Josie Rodriguez models an off-the-shoulder wedding gown during the Feb. 8 bridal show at the Bay Breeze Community Center. About 75 brides-to-be, 25 bridal industry vendors and 300 members of the community took part in festivities that included brunch, dancing and a fashion show. Maria Jackson, special events coordinator, called the show a success and noted that this year's vendors have already reserved space to display their wares at next year's show.

Appraisal Fair

The Yorktown Branch of the Association for the Preservation of Virginia Antiquities will hold an appraisal fair March 13 from 11 a.m. to 3 p.m. at York Hall.

The fair is open to the public, and any antique, collectable or furniture that can be carried will be appraised. The cost is \$10 per appraisal for APVA members and \$20 for nonmembers.

Appraisers will be provided by Christine Corbin, certified appraiser and auctioneer for Motleys Auctions in Richmond, and by Gordon Lohr of the Association for the Preservation of Virginia Antiquities.

For more information, contact Nancy Lee Clark at 599-5203 or nancy-lee-clark@att.net.

Art discussion

Art historian Dr. Mary Sweeney Ellett will discuss Pierre-Auguste Renoir's painting "Luncheon of the Boating Party of 1881" in an illustrated talk at the Williamsburg Library Theatre on Feb. 23 at 7:30 p.m.

For more information, call the library at 259-4070 or visit www.wrl.org.

Courtesy ride service

The Automotive Craft Shop now has a courtesy ride service available on an as-needed basis from the shop to the patron's office on post. This service is available on post only to active duty and DoD personnel.

Chapel notice

Chapel of the Centurion will hold a pair of services on Ash Wednesday (Feb. 25). At noon, NERO Chaplain Col. Steve Moon will provide "meditation" at a general Protestant service. And at 6 p.m. a Episcopal service will be held.

Forum on aging

Christopher Newport University's LifeLong Learning Society and the Peninsula Agency on Aging will host a forum on aging March 5 in the Student Center on the campus of CNU. Workshops will focus on finance, health and leisure for seniors.

Advance registration is encouraged, and the cost is \$15 for persons under the age of 60 and \$2 for those 60 and over if received by 4:30 p.m. on Feb. 17. Walk-in registration will be available for \$20 for those under 60, and \$5 for those 60 and over.

For more information, contact the Peninsula Agency on Aging at 873-0541 or visit www.cnu.edu/lls.

Waterman's program

The Waterman's Museum in Yorktown, in cooperation with the Celebrate Yorktown Committee, will present "In Their Own Words" in York Hall on the afternoons of Feb. 22, March 21 and April 18 from 2 to 4 p.m.

The Feb. 22 program will include tales about the Powhatan Indians, first colonists at Jamestown, privateers, pirates, blockade runners, smugglers, settlers in the new land, Navy and merchant vessel sailors. The program will also include information on the construction and repair of log canoes and deadrise boats.

Admission is free, but due to limited seating, attendees are requested to call 887-2641 for reservations. For more information, contact Chuck Davis at 898-5325.

Clean Business Awards

The Virginia Peninsula Clean Business Forum is holding the quarterly Clean Business Awards Breakfast on March 24 at 8 a.m. at the Point Plaza Suites & Conference Center in Newport News.

The presenter for the forum will be Debbie Holmes, Environmental Engineer for Cannon Virginia, Inc., who will discuss "How to Quit Throwing Away Your Profits!"

The cost for the breakfast is \$9. Send registration information (name, agency, mailing address and daytime phone number) with a check or money order payable to the NN Recycling Office no later than March 15 to Clean Business Forum, Newport News Recycling Office, 513 Oyster Point Road, Newport News, VA 23602. For more info, call 269-2873.

(See MOAT, Page 23)

Local students claim post essay contest prizes

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

Six young Fort Monroe community members were recently presented cash awards ranging from \$25 to \$75 for their winning entries in the post's African American History Month essay contest.

Checks were presented at the Bay Breeze Community Center during a special Feb. 5 program featuring keynote speaker Minnijean Brown Trickey — one of the “Little Rock Nine” who in 1957 had to be escorted by Army troops to a Little Rock, Ark., high school during the early days of public school integration.

Addressing this month's African American History Month theme, “Brown vs. Board of Education” (50th Anniversary), the essay contest writers were asked to describe the historical importance of that event and its personal meaning today.

“Brown vs. Board of Education was a case sent to the Supreme Court to void segregation of government funded public schools,” began River Webb's first-place entry in the 7th to 8th grade category. As one of the top prizewinners, Webb — an 8th grade student at Jones Magnet Middle School — was asked to read his essay aloud during the Feb. 5 program.

“Six different cases from around the country mustered their cases together against the Board of Education in Topeka, Kans.,” Webb's essay continued. “Since the north

and the south still had their squabbles, Brown's lawyer decided to find a place to sue that was not a political hotspot. In the end, the Supreme Court decided that segregation of public schools was unconstitutional.”

Webb went on to describe the civil rights movement that began in the late 1860's. He highlighted the plight of poor sharecroppers who were “assaulted by the KKK” and “treated horribly by their white neighbors.”

“In 1954, the history of the United States was changed forever,” Webb said.

“We live in a segregation-free

society now,” Webb added. “Fortunately, I can play with anyone I want without fear of punishment from racists, unlike my brethren from many years ago. ... I open doors for little old ladies regardless of their skin color.”

Lyniesha Wright, the Dozier Middle School student who claimed the top prize in the 4th to 6th grade category, said Brown's 1954 victory before the Supreme Court was important because “it allowed kids to be exposed to integration at an early age.

“Integration has accomplished many things in our society today,” Wright concluded. “People are able

to get along with each other without worrying about their race, religion or background being a factor. We have come a long way to being equal, and you can say it started with the Brown vs. Board of Education case.”

Other essay contest winners in the 4th to 6th grade category included Kendra Pressey, a James Blair Middle School student, and Shelby Elizabeth Richey who is home-schooled. LeMeshia Moody and Katherine Monique Cromwell, both students at Jones Magnet Middle School, were the second and third prizewinners respectively in the 7th and 8th grade category.



Photo by Patricia Radcliffe

Divers prepare for pier project

Sgt. Jeremy Miller (left) and Spc. Robert Parmeter (bending) help Sgt. Travis Kaufman (center) and Pfc. Brian Preston (right) don wet gear before entering 37-degree water near the Bay Breeze Community Center Feb. 5. The members of the 511th Engineers, Dive Company, were training for an upcoming project to rebuild the engineer, Navy, fishing and officer's piers. Pier reconstruction should begin in March.

ACS Corner

Joint Services EFMP Forum

All Fort Monroe EFMP families are invited to attend the upcoming Joint Services Forum to be held at the Quality Inn in Hampton on March 23 and 24.

EFMP coordinators, medical staff and professionals working in the field of special needs will be there. Learn what's new in the EFMP program, new approaches and various perspectives that families, professionals and organizations bring to maximize long-term success.

To register, please call Eva Granville.

Time for Spouse Appreciation Day

Fort Monroe Spouse Appreciation Day is May 27. All military spouses associated with the fort (i.e., working or living on or retired from) are invited to a fun-filled day of shopping in Richmond and free lunch at The Tobacco Company Restaurant. Reser-

vations will be taken starting April 21 by calling 788-4344.

Youth AFAP Delegates Needed

The Fort Monroe Youth Family Action Plan will be held March 6 from 2 to 5 p.m. at the Soldier and Family Support Center, 151 Bernard Road, Qtrs 1.

Delegates ages 11 to 18 are needed to discuss youth quality-of-life issues.

“Make-your-own ice cream sundaes” will be provided by the Fort Monroe BOSS program.

Issues discussed will be forwarded to senior leadership. If you would like to volunteer to be a part of this year's Youth AFAP, please call Beverly Nicholson.

AFAP Forum Issues Requested

Fort Monroe's Army Family Action Plan Forum will be held March 30 and 31 at the Bay Breeze Community Club. This forum will address quali-

ty-of-life issues and provide feedback to Army leadership on how programs and services can be improved to meet the needs of military personnel, their families and DA civilians.

Issues are being accepted for the forum. Persons submitting an issue should provide the title of the issue, the scope (which defines the problem) and recommendations for resolving it.

Facilitators and recorders are also needed for the forum. Facilitators direct activity, stimulate discussion, help accomplish taskings and get everyone to participate in a group. Recorders capture the basic ideas of a group on paper and ensure information is adequate.

Free training and refreshments are provided. If childcare is needed, let ACS staff know at the time of your inquiry.

To submit issues, register to help, or get more information contact Beverly Nicholson. Issues can also be submitted by mail to the Soldier and Family Support Center,

151 Bernard Road, Fort Monroe, VA 23651.

Volunteer Info

All volunteers on Fort Monroe need to be registered with the Installation Volunteer Coordinator, Marie Hinton. Volunteer hours for January through December 2003

are due by March 29.

The annual volunteer recognition reception will be held April 22 at the Bay Breeze Community Center. This event is by invitation only; therefore, if volunteers are to be recognized, their names and hours must be submitted to Hinton.

Soldier & Family Support Center/ACS/ASAP

Richey Cooper, Dir. ACS/ADCO

(cooperson@monroe.army.mil) 788-2070

Eva Granville, Family Advocacy/EFMP/AFTB

(granville@monroe.army.mil) 788-3535

Beverly Nicholson, AER/Cons. Affairs/Fin. Assist

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Marie Hinton, Relocation/Information & Referral

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William Smith, Employment Readiness Coord./Mayoral Prog.

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Deborah Williams, Admin Officer

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Kathleen Miller, Information & Referral Admin

(millerka@monroe.army.mil) 788-3878

Bruce McFadden, Army Substance Abuse Program

(mcfaddenb@monroe.army.mil) 788-3510

Army announces new website for disabled retirees

The Department of the Army is now promoting a new Web site designed to assist disabled military retirees in applying for Combat-Related Special Compensation.

The U.S. Army CSRC Web site, located at www.crsc.army.mil, provides information a disabled military retiree needs to apply for this special compensation, said officials from the Human Resources Command. The site provides program guidelines used to determine eligibility for combat-related disability benefits and application procedures for the program.

“The site includes an application form, which can be downloaded, and it gives detailed instructions of the application process, said Brig. Gen. Gina S. Farrisee, the Army Adjutant General. “It also contains supporting documentation required to substantiate a claim and helpful tips on how to enable the timeliest application processing.”

The Web site also provides:

- Guidance on how and where to file an appeal for retirees who previously submitted applications that have been determined ineligible or have been declined.

- A detailed listing of specific information and documentation that is frequently overlooked by applicants in their initial applications, as well as procedural and timing considerations.

- Phone and e-mail points of contact in the event customers have difficulty navigating the site or need specific information about the CRSC program.

As a provision of the 2003 National Defense Authorization Act, CRSC allows eligible disabled military retirees to collect payments for both their military service and their service-related disability.

According to the legislation, a veteran with “combat-related” disabilities is any 20-year military retiree with at least a 60 percent combined disability rating, with injuries as a “direct result of armed conflict” or as a result of “hazardous” military service, while serving in “conditions simulating war” or were incurred “through an instrumentality of war.”

Automatic qualifiers include any military retiree with at least 20 years of service who is rated as at least 10 percent disabled by injuries related to the award of a Purple Heart, officials said. Payments are retroactive to June 1 for those whose disability occurred before that date. Those who apply and are approved will begin receiving payments about 60 days after approval. Payments are deposited concurrently with standard military pay.

As of Jan.1, CRSC eligibility will be expanded to include disabled military retirees with 10 to 100 percent VA disability rating and Reservists and National Guard retirees eligible at age 60 who are receiving retired pay.

For more information contact: Lt. Col. Stan Heath, U.S. Army Human Resources Command at 703-325-9904.

Welfare funds available

Any local agency or organization that would like to request welfare funds from the Casemate Community Connection should contact Karen Page, Welfare Chair, at 596-8033. Leave your name, mailing address and phone number to receive an application, which must be postmarked no later than April 4.

Post JAG opens tax center

The post JAG office has opened a Fort Monroe Tax Center. It is located on the 2nd floor of post HQs, Bldg. 77. Tax returns are prepared and electronically filed by appointment through April 14. All military ID card holders (active duty, retirees and family members) are eligible to have their tax returns prepared. For more information call your Unit Tax Advisor or post JAG at 788-3616/2158.

4X12 Verizon Wireless

MOAT (Continued from Page 16)

Asian Heritage Month

Soldiers, family members and civilian employees who are interested in assisting with the coordination and planning of Fort Monroe's observance of Asian-American/Pacific Islander Heritage Month should contact Sgt. 1st Class Selvin Walker at 788-3363 or walkers@monroe.army.mil.

Asian-American/Pacific Islander Heritage Month is in May, and the theme is "2004 Freedom For All, A Nation We Call Our Own." The first committee meeting is March 5 in Room 243 of Bldg. 82.

Science camps

The Virginia Air & Space Center will host a pair of science camps for kids ages 5 to 12 over spring break.

■ Hot Rod Science Camp will run April 13 and 14 from 9 a.m. to 3 p.m. It will give kids a chance to learn how drivers use science to win races and discover how researchers at NASA are using wind tunnels to improve NASCAR racing.

■ Big Top Science Camp will run April 15 and 16 from 9 a.m. to 3 p.m. It will allow kids to become junior circus performers and uncover some of the tricks of the trade and put the science behind the circus to the test.

For more information on both camps, call 727-0900, Ext. 780.

Historical meeting

The Historical and Archeological Society of Fort Monroe will meet March 3 at 11:30 a.m. at the Langley Officers' Club.

Guest speaker Michael Moore, Lee Hall Plantation historian, will discuss "General Gorgas and the Confederate Ordinance Bureau."

The meeting is open to the public. For more information, contact David J. Johnson at 788-3935.

Volunteers needed

Volunteers and participants are needed for the Virginia Senior Games, which will be held May 13-16 in Virginia Beach.

Events include basketball, volleyball, softball, archery, badminton, bil-

liards, bowling, canasta, cycling, golf, horseshoes, mini golf, race walk, racquetball, road race, shuffleboard, softball, swimming, table tennis, tennis, track and field and triathlon.

The senior games are open to individuals age 50 and older. For more information, call 727-1601 no later than March 13.

Couples workshop

A couples workshop will be held March 6 focusing on the book "Communication That Works." It is part of a year-long series of workshops.

Pre-registration is required, and the workshop is limited to the first 10 couples to sign up. For more information, contact Debbie Allen at 764-9581 or Deborah.Allen@langley.af.mil.

Gallery opening

The Portsmouth Museums and Fine Arts Commission is celebrating the opening of the new exhibit "Hats & Headdresses: Adornment of the Head from Around The World."

The opening reception will be held from 6 to 8 p.m. on Feb. 27 at the Courthouse Galleries.

At the Movies

Showing at the
Langley Air Force Base Theater

Friday, Feb. 27
7 p.m. — Along Came Polly (PG-13)

Saturday, Feb. 28
2 p.m. — Big Fish (PG-13)
7 p.m. — Torque (PG-13)

Friday, March 5
7 p.m. — Cold Mountain (R)

Saturday, Feb. 6
2 p.m. — My Baby's Daddy (PG-13)
7 p.m. — The Butterfly Effect (R)

All movies at 7 p.m. unless otherwise noted

Adults — \$2; Children 6-12 years old — \$1.50;
and Children under 6 — free.

(If a child under 6 occupies a seat at a
G-rated movie, admission is \$1.50.)

Special movie showings are available.

Contact John Low at 766-1237
or LowJ@aafes.com for details.